



Bearing gifts for sick kids

Students give stuffed bears to hospital Page 3

SPOKE

A LEARNING HIGHLIGHT FOR JOURNALISM STUDENTS



Crowded behind bars

Animal shelters are overflowing after the holidays. Page 5

MONDAY, DECEMBER 11, 2017

ON THE COVER: DECEMBER 11, 2017

WWW.CONESTOGA.CA/STUDENT

1290 YULE - PG. 2

Quit smoking and get a big payout

By JANELLE SCHIFFER

Completed in winning \$1,000?

The goal - to be successful in the weeks between Dec. 10 and March 3.

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This is the last year that Conestoga College has been involved with Leave the Pack Behind, a campaign to get college and university students to quit smoking. The prize is a cash payout of \$1,000.

Registration begins at the beginning of December and closes on Dec. 11 at 11:59 p.m. For Conestoga, the goal is to get as many people as possible to quit smoking.



Photo by JANELLE SCHIFFER

Students that the one through Conestoga College could get another if students sign up for a contest to quit smoking where they could win \$1,000.

They hoped to get more participation the first week of January during orientation week, said Christine Boring, of Conestoga Health Services.

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Non-smoking week makes quitting contagious

National event raises public health awareness

By SARAH MAGNUSSEN

There's more to your health than just your lungs.

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BATTILING BOTS OUIE IT OUT ON CAMPUS



Photo by JANELLE SCHIFFER

Students that the one through Conestoga College could get another if students sign up for a contest to quit smoking where they could win \$1,000.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

**What is your favourite
winter outdoor activity?**



"Skiing/snowing. It's a good workout and you get to walk through a forest."

Mikal Conzies,
first-year
legal administration

"The only thing I'm good at is skating."

Stephanie Rancor,
first-year
legal administration



"I like to play hockey. It's something I've always played."

Nick Brown,
first-year
broadcast television

"Tobogganing with my kids. It keeps them outside and it keeps them happy."

Jessica Walters,
third-year
accounting



"Both hockey, I played hockey."

Victor Patisol,
first-year
mechanical technology

"I enjoy tobogganing. I go with friends."

Lina Hwang,
first-year
legal administration



Chinese new year has romantic twist

By MICHAEL KOSOWSKI

Red roses and candy hearts that read "Be mine" are not the typical Chinese New Year style of decor for this year's festival.

The year of the Metal Tiger 2010, last February, or rather on, Feb. 14 a date commonly recognized as Valentine's Day.

Chinese families all over the world will be celebrating this year's new year dancing in dance or over a traditional 10-day period.

Curtis Chen is a student at the University of Waterloo and is vice president of the Chinese Students Association. He knows how important the New Year celebration is to everyone.

"Typically, there are two important customs that I think everyone does. First is a get together dinner, typically on the night of New Year's Eve it can be a little bit before 8 o'clock from your family or your friend. This is the dinner during which you could probably see everyone you are even romantically related to. Every family has to go to a Chinese restaurant. He said.

The second tradition is the stop your relatives. In China where there are different holidays for the company, many make good use of this time to spend it with their family.

The Chinese believe in a cyclical calendar, which runs a 12-year cycle.

The website Easymoment explains how the calendar cycle repeats numbers. "Under the calendar, which numbers the years progressively from a given time (the birth of Christ), the Chinese calendar is cyclical - after the 12th year the cycle is repeated."

There are 12 animals signs each representing one of the years.

Chen explains how the elements work with the calendar cycle. "Together with the five elements, fire, metal etc., this brings our cycle to 60 years."

Burlesque beneficial

By LISA RICHARDS

Why not put those minutes more creatively and spend to rest along with your dull yoga and your uncomfortable pilates and open up your 30-60 minutes routine with burlesque, the artistic stage of classic seduction?

Burlesque not only provides an opportunity to learn a seductive female routine and allows you to connect with your body to discover your femininity and sexual nature, it also provides an amazing core targeted workout.

Like yoga and pilates, burlesque doesn't provide a high intensity aerobic workout, 15 minutes of complex, subtle torso based movements such as abductions and circles, bumps and grinds, hip circles and squers, accompanied by some sexy music, props and your personal flair.

According to one article and to put up the dance techniques, Heidi Cruise, a certified sexual dance instructor who teaches weekly classes at Fit Studio in Guelph, recommends practicing twice a week for at least 30 minutes along with taking a weekly class. However if you are feeling really motivated she said, "You can get a great head, she

and dance on as little as 30 days, however, it will require regular daily practice."

Students first learn a sequence of movements before a short or called in the routine, then long blith routines. "By the end you will have a full routine." Her classes are inclusive, safe, mixed with modern dance techniques belly dance and Egyptian belly dance with some elements of tantra dance.

There are other benefits too. "Women find themselves gaining more confidence and openness, as well as an overall feeling of contentment," said Cruise.

Former student, Tiffany Woodall agreed. "She is encouraging confidence, sexy and humble with a down to earth and playful feel to her that makes me feel comfortable going outside of my comfort zone. I loved the class for that reason and because it's just a part of me that I have allowed to lay dormant."

Dance classes are every Thursday at Fit Studio in Guelph from 8:30 to 9:30 p.m. They cost \$10 a class and \$35 for four classes and her private lessons are \$50 an hour. She can be contacted at www.heidicruisefitness.com.

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Entertainment



Marketing students build smiles

By MITCH MARSH

The studies at Cambridge Memorial Hospital were no less as it fell grown, to a

On Dec. 18 students representing the marketing program from UTM campus dropped in a gift for the baby ward at the Bldg A Bldg.

"We on the retail class talked about it, and I asked students if they'd be interested in purchasing a product and then we talked about possibly donating," said Lisa Watson, a professor of retail marketing at UTM campus.

The students dug deep and their own go-kits and came up with enough money to buy 18 hours. They originally didn't decide to donate the items, thanks to the hospital.

A friend of mine, who is an emergency room nurse, said "We need with a couple of children, they come with some money and the charity we also didn't actually accept medical supplies."

Watson and her name listed talked again and decided that Cambridge Memorial would like the donation. They took through the hospital would be needed about the type of thing.

"We only have 18 hours, so we wanted to make sure it would cover pediatric," Watson said.

The hospital had given back to the pediatric department so the class decided to split the donation between the kids and

the emergency department.

Kristin Kershner, a third-year marketing student, says of the whole project.

"We thought it might be a nice idea with the Christmas season coming up to build some bonds."

The hours were split at the Bldg A Bldg Workshop in University Hall.

Watson (left) and a third-year business administration student, marketing student, between Bldg A Bldg is one of the most unique considers around.

"Other places, you just go buy a teddy bear, so we felt when we're donating to the kids, we're putting more love into the heart of the hospital."

In the end, she wanted the kids to feel important.

"They know someone is thinking of them and that people out there care and want them to get better and healthier."

The program is something the students want to have happen again.

"It's nice to get something at Christmas because they otherwise may not get any thing," said Kershner. "It's nice for the families to see people that care about their children in a different way."

Kershner knows the class achieved the ultimate goal of not just to accomplish.

"I think even just building and having that hour shows them that someone is there and they can have that merry Christmas."



Students and professor Watson.

On Dec. 18, students from the University of Toronto College of Marketing program paid a visit to Cambridge Memorial Hospital to spend some holiday cheer. The students purchased 18 stuffed bears and donated them to the pediatric and emergency departments. Kristin Kershner and Kristin Kershner (left) presented the donation on behalf of the entire program to Deborah Seider (right) from the pediatric department.

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Students build their own R2-D2s and CP30s

Then it's
a robot race
to the finish

By ALAN CHONG

Second-year robotics students gathered to show off their creations in an informal race at Doon Campus last month.

The event was an incentive to build a custom robot that could follow a black line on a track. Students were informed of the project in September. "There are lots of avenues to follow the line," explained John Taylor, programme co-ordinator of mechanical engineering and technology robotics and control, as well as awarding 50 students allowed and period for its robot's with games such as Chicken Waffle, T-Rex and Skydive Fred.

The track was created on feet by three feet with a black stripe around the centre. The students had learned how to place optical sensors on their robots that look for (x-y) and follow a



PHOTO BY ALAN CHONG

John Taylor, a second-year robotics student, tested the robotic competition's winner, Sebastian Frenk. Taylor started planning his design in September and created his robots in the extra time he spent on the project.

designed to look like Johnny 5, a popular robot from the 1980 film Short Circuit.

"I have a life-sized one at home," Frenk explained. "But he doesn't move around."

But he also built a life-sized robot and a robot which can play music on his home. "I had one of those for four or five months to build for my Johnny 5," Frenk said. "I only took one week to build this little one."

At the end of two hours of races, the class had a winner. John Taylor, a student who had won the event with his robot Sebastian Frenk.

"I started planning in September," said Taylor. "I think the more time I had helped me to win."

Taylor was a track driver before a knee injury ended that career. Through the Workplace Safety Insurance Board Taylor enrolled in the robotics program.

He said he was drawn to the program because of the many small jobs in the industry.

"I sort of stumbled into it, but I enjoy all aspects of the program."



PHOTO BY ALAN CHONG

Second-year robotics students, Albert Leong, don't even feel secure against the robots of the D-40 (Leong's robot, while around 50 of his classmates join and ask over each other's location in the background).

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Are you thinking about going to university after college?
University Visits

Inside Door #3 at the Doon Campus

University of Western Sydney Griffith University

Wednesday January 13, 2010

Griffith University / KOM Consultants

Information Session on Monday, January 25, 2010

from 10:00 - 11:00 in Classroom 3E31

Saginaw Valley State University

Thursday, January 21st

University Canada West

Friday, January 22nd, 2010

University of Guelph-Humber

Monday, January 25th

Algoma University

Friday, January 29th

Laurentian University

Friday, February 12th, 2010

University of Western Sydney Griffith University

Tuesday February 23, 2010

University of Western Sydney Griffith University

Thursday March 25, 2010

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I miss TV shows from the '90s

Over the Christmas holidays I filled up on turkey, stuffing and everything else my mother threw on a plate, in hopes of giving her post-student daughter a delicious meal she would never forget. Despite the stomach ache I had afterwards, that was the life. It wasn't until I heard a popular theme song coming from the living room that I actually got up.

Memories of the early '80s rushed through my mind as I entered the room. Steve Likoff, Laura Winslow and my personal favourite, Carl Winslow, ran across the



Stacey
Rokoper
Opinion

screen, lighting as if they had never left.

The day became a complete blur as both my family and I, as we spent the remainder of it having a Family Matters marathon together like the old days.

Later that day I became aware that television is not

what it used to be. I realized that after flipping back to my second cable TV channels and seeing, not just the opening of Christmas movies, but the number of shows about brutal deaths and other violence. They were accompanied by The O.C. and So You Think You Can Dance, which both seem to be captured constantly in marathon form.

It was hard to go back to a much more simple way of life, one where Laura Winslow's biggest problem was she couldn't get on top of the principal with her character

friends anymore as she was "gaining weight." In essence she started taking diet pills. That same day I felt took at least five and went off her rocker.

Unlike my early bad parents I was up until about 11 p.m. on YouTube trying to redefine my bond with television shows from the '80s to the early '90s. Although I am a '90s baby, I grew up with two older siblings so I was familiar with references to *Newsies*, *Dog by Dog*, *Poll Wagon*, *Baywatch* World and even a little *Power Rangers*. My favourite show used to

be *Baywatch World*. It was the mixture of Topanga Lawrence and Cory Matthews' weird relationship and the wildly familiar living room that got me.

However, the next week I spent much as a dog so the majority of my time was spent watching my man laugh over Eric Matthews' stupidity. All of the pleasures hit home even if they were cheesy and cheaply made. At least the characters could act.

I wish today's shows were less violent and a little more cheesy.

BACK TO SCHOOL AND BACK TO WORK



PHOTO BY MARK CRAMER

It doesn't take long to get back to the groove of things. Second-year postcard-making students Marlene West, Irene, and Melissa La get hit the books on the first day back to school on Jan. 12.



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HOROSCOPE

Week of Jan. 13-19, 2008



Aries
March 21
April 19

This weekend a Chinese employer will buy the corporation where you are employed. This may or may not affect your employment.



Taurus
April 20 - May 20

On Thursday a large man about half meter from a man and attempt to eat your tongue. Please remember that you can likely sell it to someone on a job.



Gemini
May 21 - June 21

On Tuesday a man in a red hat will ask you to help him find his money that is floating overhead among balloons. Call animal control.



Cancer
June 22 - July 22

An idiot in his red car will crash into your house because of the weather. He will say he then will send more trees because he has all wheel drive. Punch him.



Leo
July 23 - August 23

This weekend you will be contacted to see a very fast man running made down your street as he is chased by a man with a car a second or.



Virgo
August 23 - September 23

On Thursday an obese girl who has decided to crash made through the hole will crash into you.



Libra
September 23
October 23

You will spend this week catching up on the episodes of the new Kite in the Hat miniseries. Hope it has less of its dark humor.



Scorpio
October 23 - November 23

At some point this week you will be attacked by this library dressed as a zombie. Don't tell him he is simply on someone trying to make you laugh.



Sagittarius
November 23 - December 23

A car salesman will offer you a deal on a 2010 Saturn. There are no 2010 Saturns so he is trying to rip you off.



Capricorn
December 23 - January 19

At some point on the weekend someone will try and steal your car using a bomb they checked out of the library. They deserve a piece to the nose.



Aquarius
January 20 - February 18

During the week you will get a shot to straighten a gutter because of this will be painful but prove to be an experience otherwise just to expand mental.



Pisces
February 19 - March 20

A man dressed as Luke Skywalker will hit you with a plasma blaster and tell you that you are not his father. Call 911.

New semester, new season of sports

By **FREDRICK CARTER**

With the first week of a new semester under your belt, watch out to the time to put a Chinese restaurant on your mind.

This semester, Chinese students have the option of playing on hockey, dodge ball, indoor soccer and basketball.

Also available for the first time ever is indoor ice hockey. This is a student selected intramural and its teams will depend on the student interest. They were too. However, adding a new sport meant we will get the

best. This semester basketball will not be offered due to missing support. Best semester.

First semester's change making changes has been a big deal. We have been playing Chinese Toba. Pool 3, not basketball. Chinese Toba and Pool 3 are hockey. Chinese Toba.

There is a new season though, and some from first semester are not guaranteed a spot. Both teams and students are excited and expect to see them next semester. If you are interested, go to www.wfovtv.com/sports/extra.

www.wfovtv.com/sports/extra

If competitors can't to your liking, new Chinese students will start on Jan. 14, while both sports student hockey and Chinese hockey have already started up. However, and Thursday from noon to 2 p.m. for hockey and Chinese hockey running it to 4 p.m.

More information can be found at www.wfovtv.com/sports/extra.

If you have any questions, contact Kate McCarthy at 301-753-0333, ext. 1017 or if you are in a public area, go to www.wfovtv.com/sports/extra.

Patriots no longer dominating



Steve Rosen
Editor

Patriots when we have been chosen so far throughout the past decade are no more. After two disappointing seasons, last year in which they did not make the playoffs and this year after getting knocked out in the wild card round, we have seen the last of the dominating dynasty which was three Super Bowls in four years.

The offense still has the best players to become an elite offense again, but Brady has been hurt and he has many of his best, but the defense has a lot of rebuilding

to do. They have lost many key players in the defensive end of the ball since their Super Bowl win. Players such as Tyreek Hill, Mike Vrabel, Rodney Harrison, Antonio Daniels and Richard Seymour were key players in their success and their loss has really shown this season. Their secondary was taken advantage of all season and with so much rush, the opposing quarterbacks had all day to throw the ball. Coach Bill Belichick is probably regretting his decision to trade his only proven pass rusher, Richard Seymour, to the Raiders at the start of the season. The defense no longer considers their opponents to be a team that was three championships with their defense that is a sign to quality. With Brady, it seems they are a changed team.

The golden standard

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Next Degree is a second-year journalism student who makes their up for your education.



BIRDS OF A FEATHER FLOCK TOGETHER



PHOTO BY SARAH MACDONALD

All winter orientation on Jan. 7 students gathered in the rec centre to meet other people in their program.



PHOTO BY MICHAEL GARDNER

Despite frigid temperatures, mallard ducks still swim in the pond at Riverside Park in Woodstock.

Respect

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We learn from one another.

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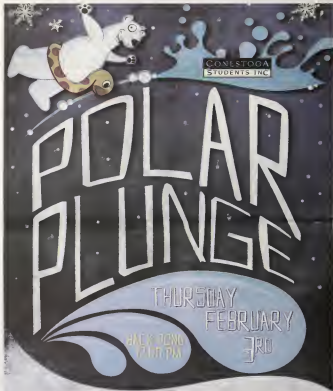
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